

SUPER HEALTHY KIDS MENU

March 22-26th



	Breakfast	Lunch	Snacks	Dinner
Monday	Spinach and Tofu Smoothie! Trust me on this one.. Monday-recipe!	Whole wheat pasta (with parmesan) and Raspberry chicken salad	Graham crackers dipped in yogurt and fruit	BBQ chicken with <u>sweet potato Crescent rolls</u>
Tuesday	Cottage Cheese Pancakes	Alphabet soup	<u>Peanut Butter Balls</u>	Tamale Pie
Wednesday	Steel cut oatmeal with blackberries	Lettuce wrapped chicken salad*	Applesauce bread	White Chicken Chili
Thursday	Scrambled eggs with whole wheat toast	Creamy Vegetable Pasta Salad	Apples with peanut butter	<u>Homemade Pizza</u>
Friday	Veggie Frittata	Almond butter and Jelly sandwiches, side of veggies	<u>Zucchini Bread</u>	Hawaiian Haystacks